



North Shore Horticultural Society

P.O. Box 171, Manchester-by-the-Sea, MA 01944

February 2020 Volume XXII Number 5

www.NSHorticulture.org

Meeting Location

Sacred Heart Parish Hall
62 School Street
Manchester-by-the-Sea

Meeting Preview

Thursday, Feb 27th

7:00 PM

Liz Barbour
*Cooking and Gardening
from an Edible Garden*

Thursday, Mar 26th

7:30 PM

Catherine Brown
*Ticks and Tick-Borne
Diseases in MA*

Thursday, Apr 23rd

7:30 PM

Peter Grilli
*Reflections on the
Japanese Garden*

Thursday, May 28th

6:00 PM

Annual Plant Sale
and Auction
with auctioneer Fred Rice

Board Meeting

March 12th 7:00 PM
at the home of
Ruth and Norm Weeks

Cooking and Gardening from an Edible Garden

Liz Barbour

Thursday, February 27th

7:00 PM

Edible landscaping (planting food in your garden) is a trend that is on the rise. Many people liken the trend to that of the Victory Gardens during World War II, which grew an estimated 40 percent of produce consumed in the United States. Edible landscaping is the answer to the old question of how your limited garden space can be productive and beautiful at the same time. Chef, author, and gardener, Liz Barbour has been including edible plants throughout her small cottage garden from the very beginning of its design. Join her for a slideshow tour through her edible gardens and learn how she has introduced vegetables, herbs, fruit trees, edible shrubs, and herbs to blend beautifully and deliciously throughout.

Following the slide presentation, Liz will provide a cooking demonstration that will inspire cooks of all abilities to enjoy cooking at home. We will sample two of her delicious recipes that feature fresh, healthy ingredients. Liz will share easy tips about ingredients, cooking technique, and food preparation that will make your home cooking easier, healthier, and more delicious. Liz will also offer knives and knife sharpeners for sale.

Refreshments

A sincere thank you to those who volunteered to bring refreshments to our February meeting: Alice Bradford, Anne Fucillo, Anne Mesgar, Sandra Stolle, and Ruth Weeks.

President's Message

Carol Batdorf

February is upon us, the month when plant and seed catalogs fill the mailbox. I've been thinking about container gardens that will add color to my gardens as I look through the catalogs. Combining colorful edible plants with flowers in fun containers seems to be at the forefront in my thinking. If I can grow some of my salad fixings and play with colors and textures in the planters, I would be decreasing my carbon footprint, playing with my food, and painting in the garden. I would know that the produce does not have any chemicals on it and you can't get any fresher than picking the leaves, washing them, and eating them within minutes of harvesting. Doing planters with herbs is also an idea. I usually have one type of herb per planter, maybe combining a few in a larger pot will let me have more plants in the scant sun spots I have in my yard. Watching plants grow from seed is rather like watching magic happen before your eyes. What I plan and what actually happens may be two totally different things but it is fun to think up some designs and see how they evolve.

I will be looking for edible plant suggestions from our speaker, Liz Barbour, who will be talking about cooking and gardening from an edible garden. Cooking and gardening are some of my favorite pastimes.

Please come and maybe bring a friend to enjoy an evening learning about edible plants and tasting a few healthy and delicious dishes.

Carol

Upcoming Classes and Workshops related to Edible Gardening

Herbs for Health: Herbs 101

at the Stevens-Coolidge Place, Andover, MA
Wednesday March 4th 7-9PM (\$15)

Learn the secret to using everyday herbs and other common kitchen ingredients to support optimal health and well-being. Learn about herbs that help with immunity, stress, energy and sleep, and simple tips to incorporate herbs into your daily life.

Nibbling on Natives in Your Back Yard and Beyond with Russ Cohen

at the Stevens-Coolidge Place, Andover, MA
Wednesday, March 18th 7-8:30PM (\$15)

Russ Cohen, expert forager and author of *Wild Plants I Have Known...and Eaten*, will extol the comestible virtues of at least two dozen species of native edible wild plants suitable for adding to your own landscape, or nibbling on as you encounter them in other locales.

Fruit Trees: Pruning and Care

at the Massachusetts Horticultural Society,
Elm Bank, Wellesley, MA
Thursday, March 19th 7-8:30PM (\$20)

Learn about pruning fruit trees and interesting facts for creating and maintaining a home orchard.

Managing Invasives Through Eating: A Conservation Diner's Guide

at the Garden in the Woods, Framingham, MA
Sunday, May 17th 11AM-2PM (\$18)

Invasive species are a significant threat to global biodiversity, and conservationists are constantly looking for new ways to manage their continued expansion into native ecosystems. In recent years there has been a growing movement to see if we can control invasive species by eating them. You will learn about the history of eating invasive species and the merits and drawbacks of the strategy.

Agrarian Garden Plant-a-Gram

The Williams Sonoma web site provides diagram guides for 4-foot square planters, with suggested plants for: Beginner's Vegetable garden, Salad garden, Culinary Herb garden, Tomato garden, Canning garden, and Salsa garden.

<https://www.williams-sonoma.com/shop/agrarian-garden/agrarian-garden-plant-a-gram/>

Compost

The **top ten plants for edible gardens in Massachusetts** (according to www.ecolandscaping.org):

Fragaria (strawberry) Excellent edibles, fair ground covers, great for kids. Best in sun and may be interwoven with other plants, like spinach or another annual crop.

Amelanchier (juneberry) These graceful, multi- or single-stemmed native trees have early spring blooms and often great fall color. The berries are similar to blueberries but have a more almond-y taste, on a plant that is more hardy than a blueberry.

Allium schoenoprasum (chives) Eat greens, flowers, and bulbs.

Sambucus canadensis (elderberry) Multi-purpose tall shrubs with edible fruits for juice, jam, beverages, and soothing tea from flowers.

Allium tricoccum (ramp) A shade plant – great in spring salads or soups and quiche. Starry umbels of pure white are great in salads.

Vaccinium corymbosum (blueberry) Once established, low-maintenance and long-lived shrubs. Half-high varieties are hardier with tastier berries.

Hemerocallis (daylily) Try petals in salads, egg dishes or soups, batter and fry whole closed flower buds, or dry buds and petals to use in place of saffron for color.

Rubus (brambles – raspberries or blackberries) The berries make a wonderful treat to add to your smoothies and your morning cereal.

Matteuccia struthiopteris (Ostrich fern) Steam fiddleheads for ten minutes and then serve them with butter.

Vitis (grapes) Improved varieties of native grapes (*V. labrusca*) have a great fruity flavor for jams and juice (these are all Concord-type grapes). Foliage is also edible.

A big THANK YOU!

To all of you who contributed to, and participated in, our indoor plant auction at our January meeting! It was a great success.

Mark your calendar

for the Boston Flower & Garden Show

March 11th -15th at the Seaport World Trade Center in Boston (<https://bostonflowershow.com/>)

North Shore Horticultural Society, Post Office Box 171, Manchester-by-the-Sea, MA 01944

www.NSHorticulture.org

www.facebook.com/NSHorticulture